

Community News

A Newsletter for Friends of Residential Resources, Inc. January 2017

Hi, my name is Phillip Brown, and I live and work in New Hampshire...

As dictated by Phillip Brown, Participant
Manchester, NH

I have worked at Market Basket (a pretty famous grocery store if you watch the news and read the papers) for a long time, about 15 years. By the way, it's a good place to work, and if you stay there, you always get raises if you do your job right.

I like working there as a cart wrangler (you know the guy who comes and gets the carts that are left in the parking lot, and takes them back inside the store all day long), and over the years I had always wanted to work in the Bakery.

I'm a good cart wrangler and I work 5 days a week, but I do some baking on the side for fun (and profit), and always hoped that I could maybe take the things I learned and use them where I work. Market Basket is also in the "Bakery Business".

Well this last summer, I was asked if I wouldn't mind working in the Bakery every Friday as sort of a trial to see if that dream would work out.

And now I have been working every Friday in their bakery for over six months and so far so good!

I help with breads and cookies, and help keep the bakery clean and efficient. Whatever they need me to do.

The way I work with Residential Resources is they are here to help me speak with my store manager when I get nervous, but want to ask for something, like the chance to work in the bakery. They also assist me in getting around from home to work, and to the bank, and places I need to

go. They have helped me find different assistants over the years, to help with all of that.

I do some of it myself, and I'm sort of in charge by deciding who I will work with, or let them know if there is something I might need, like advice or help. Things usually work out pretty good, and if they don't there is always the "meeting"; not something I'm crazy about, but sometimes you need them to work out the kinks.

I sometimes think about living more independently and maybe even closer to my work than I do now, and they (Residential Resources) have been helping me find out how much rent can be, how much living costs can be, and the cost of transportation. Turns out it can all add up to a lot. What I'm hoping for next is for a "self-driving car" that maybe I can afford. That would be my next dream I guess. Over the years I've worked with Ken and Sandy, Bev, Toni, Bethany, Christine and her husband, my Dad helps me out sometimes and my Mom gets in on the act to keep it all working right.

I'll just say thanks to everybody at Residential Resources. I would recommend them, they have been dependable!



Happy Trails

Brittany Germain, Program Manager
Manchester, NH

November 16th was both a sad day and happy day at Fremont Road.

Kathryn, a resident at Fremont Road, was spending her last day in New Hampshire. Kathryn grew up in California but moved to New Hampshire to be closer to her brothers, although all three of her children were still in California. But the time had come that she was ready to move back home.

Kathryn has lived at Fremont Road for over ten years and has created many friendships, so I could not let Kathryn leave without having a going away party!

Staff all pitched in to help plan her party by decorating the house in balloons and ribbon in, of course, her favorite color: purple. We even managed to get a purple cake. While I ordered pizza and Anna Liza was making her famous homemade crab rangoon and wonton soup, our guests started to arrive. Kathryn was beyond excited to see everyone who had stopped by. The house was full of laughter. As the night came to an end, Kathryn requested to go to bed as she needed her sleep for her big adventure to California the next day.

Although we are sad that Kathryn is moving away we are all so very happy that she will be closer to her children and grandchildren. We wish Kathryn the best of luck in California, from her friends at Residential Resources.



Tim's 2016 Travels

Claude Elliott, Program Manager & Tim, Participant
Scarborough, ME

Tim has traveled several times throughout the past year. After each one of his exciting trips, I always look forward to seeing him and hearing about the places he visited, the great things he saw, and his adventures while there.

Tim and I sat down over lunch a few weeks ago and talked about his vacations. He hesitated to write the article himself, but thought it would be a good idea if I wrote an article about some of his trips. He suggested I include information about the travel service agency he utilizes. Tim is hoping that sharing this information might generate some interest and maybe someone reading this will eventually be able to join him on one of these adventures! Tim is very interested in history and plans some of his vacations not only to have fun, but to see some of the places he has only read about!

The travel service agency is Smiling Faces Vacations. Bonnie and Mary own and operate this agency. Both ladies have a lot of training and experience. They offer a wide variety of trips from week long vacations in Hawaii and California to Alaskan and Caribbean cruises. For people who like to stay closer to home, they offer many day trips throughout the year. Some of the day trips include shopping at the mall, a whale watching cruise, Portland Sea Dogs game, and Funtown USA. These are just a few as there are far too many to list here! The cost of a day trip or vacation includes all accommodations, meals, transportation, admissions, and supervision. All trips are planned with a maximum of 3 guests to 1 staff ratio. If anyone is interested in a one on one ratio, they are willing to accommodate at an additional cost. Before Tim's first trip, Bonnie came over to meet Tim and his Shared Living Provider. She spent the afternoon getting to know

him and discussing his support needs for the vacation! For more information their website is www.smilingfacesvacations.com or they can be located on Facebook.

Now, to the fun part! Where has Tim been on vacation? The first was a week spent in Honolulu, Hawaii. Tim picked the right time of year to go, which was in March 2016, and we all know that most people are looking to "warm up" towards the end of a chilly season here in Maine. Tim visited Pearl Harbor, the USS Arizona Memorial, and the WWII National Monument. One of his favorite evenings was spent at a luau and watching the hula dancers. There was time for rest and relaxation too, so plenty of time was spent on the beach, watching the surfers, swimming and just being able to enjoy the fantastic views!

The second trip was something Tim had only dreamed of! As I mentioned, he has a great love of history, so when he saw that a trip was being planned to Mount Rushmore, he knew he had to go! Tim left during the last week of September and headed to the historic Deadwood in the Black Hills of South Dakota. This is a real Wild West town that was once home to Wild Bill Hickok! While there, Tim spent time panning for gold, but the highlight of the trip was seeing the presidents who are carved in stone at the one and only Mount Rushmore! I would love to be able to share some of Tim's pictures, which show just how excited and enthused he was, but for now, Tim said "let's see how the article goes first".

Tim also went on an Alaskan cruise with another travel service agency this year...so with any luck, if Tim likes this article once it is officially in print, we may write again and maybe even share a picture or two! Stay tuned!

Drugs And Vandalism

Dale Anderson, Field Coordinator
Plattsburgh, NY

It's a pleasure and an honor to share a special lady's story with you. Patricia Parks was born and brought up in Queens, New York and was finishing her high school education about the time that the World's Fair was in New York City.

She had 3 sisters and 1 brother to share her home with along with her parents. Her dad was an Army vet. One of her fondest childhood memories is the Good Humor ice cream man driving down her neighborhood with his carousel music box playing to get the attention of all the kids on the block. He certainly got Pat's attention because she still loves ice cream to this day.

After graduating from Andrew Jackson School, Pat was working as an office manager for a large retail store in New York City. I asked her how she happened to end up here in the north country. She said, "Drugs and vandalism." I was thinking that this was just more of Pat's humor, but this time she was serious. When Pat was in her early 20s her sister Dot had moved to the Peru area with her family and Pat always visited during her vacations. Her parents, being protective of their children, thought that the Adirondacks would be a nice wholesome place for Pat to get away from the drugs and vandalism that seemed to be flourishing in the city.

Pat lived with her sister Dot and her family of 2 nieces and 1 nephew for a while before venturing out on her own. She now has her own apartment in Peru and now calls the Northern Adirondacks her home. Her family is a huge part of her life and recently welcomed our staff Shannon into their home for the family Thanksgiving.

She is very popular in the activity/common room in her apartment complex where she plays board games, catches her favorite TV shows, or just visits with her friends. Anyone who has met Pat has made a friend for life. That's just how she rolls. She always goes to her church supper once a week and she would never think of missing her Bingo night.

We are truly blessed to have her in our community.

Our Day In The Community

Ayman Musa, DSP
Scarborough, ME

Yesterday I took Jerome Gonyer out to Portland Library. He had a very special time and he said "Hello" mostly to everyone. He said Merry Christmas to kids and adults. After we were done with the library we had a fabulous walk up to Dunkin Donuts where Jerome ordered his dinner. Despite the fact that it



was a little chilly, he decided to have his dinner outside near the Christmas tree at Monument Square. After he was done eating we headed back to Highland House.

Jerome was so grateful for the visit, he showed his gratefulness through his smile and some of his words.

Arts And Crafts Group At RRI In Keene

Michelle Leger, Participant
Emerald Street, Keene, NH

We go to arts and crafts class every Tuesday at RRI. We have a good time making our projects and visiting. We have made coffee mugs, Halloween decorations that we painted, and now we are doing Christmas crafts. It is so much fun!!!

Dan

Tabitha Meara, Service Coordinator
Ballston Lake, NY

If you are in high school in an Albany, NY classroom there is a good chance that you have attended a class called Choices 301. At this class, you will have most likely heard Daniel Kipp share his story. Daniel has been on the TBI Waiver for many years. He currently lives in his own apartment, attends day program, and receives HCSS, ILST, and SC services through the Traumatic Brain Injury (TBI) Waiver funded by the Department of Health. In his spare time, Dan tells his life story to area high schoolers and speaks about the negative effects that poor decision making can have on a person's life.

Daniel's upbringing was very typical. He grew up in the Albany area; when he graduated high school he joined the military, and parachuted out of planes for the 2nd and 71st Infantry.

He served for 4 years and during one mission in particular he rescued a fellow soldier from a tank that was hit by enemy fire. Daniel never talked about this heroic act; however, the soldier never forgot and a few years ago sought out Dan and thanked him in person. Dan's Day Program found out about his brave act and held a luncheon in Dan's honor.

Daniel will be the first to admit in his life he has made both good and bad choices. Serving in the military, according to him, was the best thing he ever did. If you ask him what his favorite activity is, he will reply "jump out of airplanes." When he left the army in his mid-20s, he began working as a mason and purchased a motorcycle. He loved riding and the thrill he felt on the bike was the same as when he jumped out of planes. However,

sometimes Dan's thrill seeking led to poor choices with irreversible consequences.

According to Dan, he would ride his motorcycle everywhere. On one occasion, Dan was visiting a friend and an argument about betrayal began to escalate. Dan left on his motorcycle, his friend chased him in a car and this led to a collision on a bridge. As result of the accident, Daniel sustained a brain injury, lost the ability to walk, and developed a speech impediment. He was hospitalized for several months and when he returned home he realized his choices had an impact on his current situation. Daniel felt that he needed to make some changes and took advantage of services offered through the waiver.

Dan began attending Day Program at Living Resources and learned how to cope with life after his brain injury. A few years ago, a retired police officer began Choices 301. The program was renamed "Choices" and it combines guest speakers, visual aids, and open discussion to raise awareness about the consequences of risky behavior. Daniel was approached about sharing his story and now speaks at this event twice a month.

According to Daniel, he knew what he was doing when he joined the military and when he betrayed his friend. He had a choice to make and the consequences of his decisions impact his everyday life. He hopes by telling his story he will prevent another person from making some of the same poor choices that he made. Dan plans to continue sharing his story and wants to encourage teenagers to "behave themselves" so that they can safely live their life to the fullest.

Shawn Walks The Track At The YMCA In Keene

Judy Lazzaro, DSP
Emerald Street, Keene, NH

Shawn goes to the YMCA in Keene to exercise with his friends. He goes five days a week. His favorite exercise is walking the track; he sings and laughs while walking. He can do as many as 42 laps around the track. He enjoys observing the young children doing gymnastics downstairs.



Thank you to everyone who contributes articles and pictures to the newsletter.

Articles are due by the second Friday of each month for the following month's newsletter. The newsletter will be posted at www.resresources.com on the first business day of each month.

If you do not have access to the internet and would like a copy of the newsletter mailed to you, please contact your local Residential Resources office to make arrangements.

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Founder and Owner

Our Guiding Principles

Creativity We foster creativity by exploring and learning, embracing change, and pursuing best practice. We always ask ourselves, 'Is there a better way?'

Truth / Honesty We foster an environment where open and honest feedback and sharing are expected, encouraged, and supported. We honor commitments; and we share feelings, opinions, experiences, ideas, and information in order to optimize each individual's personal and professional growth and development.

Empowerment We empower people through a process which includes giving them the opportunities, the authority, the information, and the examples necessary to become successful decision makers.

Diversity We welcome and value different perspectives, contributions, and capabilities. We promote growth, opportunity, and experience.

Quality We continually improve our services by: Promoting positive change; Increasing knowledge and skills; Encouraging personal growth; Valuing individual differences; Learning from our experiences.

Respect We believe that respect is a right, and we conduct ourselves accordingly. Our standards include the exercise of human dignity; the honoring and valuing of self and others; and communication that is clear, direct, and honest.

Trust We create trust by being consistent, stable, honest, and reliable. Trust also requires sincerity, knowledge, and capability.



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